



# NORTHWEST FLORIDA STATE COLLEGE

## HLP 1081 Wellness, 3 credit hours Fall 2016

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- Professor: Kinsey Lowrey
- Office Hours: Available before and after class, by email, or by appointment.
- Phone: (850) 863-6500; leave message
- Email: lowreyk1@nwfsc.edu
- Final Exam: December 12, 2016
- Web Page: <http://www.nwfsc.edu/faculty/profiles/lowrey-kinsey/index.cfm>
- Reference Number: 10834
- Campus/Room: Niceville/Raider Arena Bldg. 301
- Class Days: Monday
- Class Times: 4:30-5:45pm
- Electronic Resources: NWFSC email, D2L

### Course Description

HLP – Wellness: Practice and Theory 3 Credit Hours

A course designed to promote wellness through assessment, instruction and fitness programs which, if applied, will enable the individual to achieve and/or maintain a high quality of health and fitness throughout life. Based on assessment test results a physical examination by a physician may be recommended.

### Course Prerequisite

No Prerequisites for this course.

### Course Materials

Get Fit, Stay Well! 3<sup>rd</sup> Edition, by Janet L. Hopson, Rebecca J. Donatelle, & Tanya R. Littrell

### Student Learning Outcomes

SLO – 1. The student will identify the effects of personal lifestyle attitudes and behaviors.

### Grading Procedures

- **Laboratory (workout) portion (worth 375 points)**
  - Attendance
    - Excused absence(s) require proper documentation.
    - Excessively tardy students will be count as absent.
    - Signing in and signing out will be used to monitor attendance.
  - Participation

- Performance
  - Duration - each workout session will consist of a minimum of 30-minutes. The 30-minute session will consist of flexibility, aerobic, and resistance exercises.
  - Intensity - physical exertion must be adequate to provide training effect benefits in all phases of the workout.
  - Progression - progress is expected toward meeting personal goals and improvement on "initial" physical assessment.
  
- Attendance, participation, effort, performance will be categorized together. However, if you are present, but do NOT participate in activity, points will be deducted by the discretion of the instructor.
  
- 7-scheduled (non-assessment) workout days, each is worth 32 points.
  
- Initial, Midterm, and Final Physical assessments are mandatory. Missing these days require documentation for makeup, no exceptions. See course schedule for dates. Each assessment day is worth 50 points.
  
- **Lecture portion (worth 375 points)**
  - Attendance
    - Excused absences require proper documentation.
    - Excessively tardy students will be count as absent.
    - Signing in and signing out will be used to monitor attendance.
  - Exams
    - 3 Exams, 100 points each
    - Testing material will include information from lecture(s), textbook, and homework assignments
  - Homework
    - 3 assignments, 25 points each
    - Due on exam days
    - Homework details & due dates will be discussed in class and sent via NWFSC email
    - Homework assignments may include, but not limited to: chapter summaries, summaries from sections/portions of chapter, end of chapter questions, important chapter terms and definitions, etc.
    - **No late assignments will be accepted; Assignments can be submitted early, but never late**

**Grading scale:**

A = 100-90%

B = 89-80%

C = 79-70%

D = 69-60%

F = 59 or lower

## Incomplete Grades

At the discretion of the instructor, an incomplete grade ("I") may be awarded when the student is unable to finish the required work because of unforeseen extenuating circumstances such as illness or TDY assignment. To receive an "I" grade, the student must have successfully completed a significant portion of the required coursework and be able to finish the remaining work without attending class. An "I" grade will automatically convert to a grade of "F" if the student does not complete the remainder of the coursework by the established deadline.

## Make-up Work

No makeup work will be allowed without proper documentation. An excused absence requires proper documentation. Examples of documentation include: doctor's note, manager or supervisor note (if work related), etc. The documentation MUST provide contact information (phone number, email, etc.) from the individual excusing the absence. A note from your parent(s), grandparent(s), sibling(s) will NOT suffice. Talk to me ASAP if any issue arises and you are uncertain what kind of documentation to provide.

## Classroom Conduct

Be on time and prepared for class. Excessively tardy students will begin to have tardy count as absences. No cell phones allowed during class except in case of emergency and must notify instructor. Please keep side conversation to a minimum, these conversations are a distraction to the instructor and your classmates and can cause a delay in class. Instructor has the right to warn and/or dismiss disruptive and disrespectful students from class. If issues continue to persist, the student(s) will not be allowed to attend class until permission is granted from the Science department Chair or from the Dean of students.

## Class Attendance

Students who stop attending class or are not able to pass the course due to attendance expectations stated in the syllabus may receive a failing grade of "FA." An "FA" grade is a failing grade in GPA calculations and may impact the receipt of federal aid in subsequent courses. Students traveling for college-approved activities will not be penalized academically but will be responsible for missed work.

Students are expected to attend all of their scheduled classes, as attendance is one of the strongest predictors of success. Therefore, **12** hours of missed class may result in a penalty of **30%** (a percentage penalty assessed on the final course grade).

- **Absence(s) & Make-up Work/Workout(s) WITH Documentation**
  - Missing class is not ideal, since attendance contributes toward final grade.
  - However, life happens and something may arise preventing you from attending class. If you're forced to miss or anticipate missing a class, **EMAIL** the instructor ASAP/prior to class (if applicable).
    - As a college student it is **your** responsibility to contact me if there is an issue or concern; parents, siblings, spouse(s), should only contact me regarding any class issue as an absolute last result/emergency preventing you from contacting.

- The student must supply proper documentation excusing the absence during scheduled class time.
  - Examples of documentation include: doctor’s note, manager or supervisor note (if work related), etc. The documentation **MUST** provide contact information (phone number, email, etc.) from the individual excusing or verifying the absence. A note from your parent(s), grandparent(s), sibling(s) will **NOT** suffice. Talk to me ASAP if any issue arises and you are uncertain what kind of documentation to provide.
- ***Remember: absence(s) will only be excused if proper documentation is provided!***
- **Absence(s) & Make-up Workout(s) WITHOUT Documentation**
  - Missing class is not ideal, since attendance contributes toward final grade.
  - If you are **unable** to attend class and **unable** to provide documentation excusing your absences, you will be permitted to make-up **THREE** missed workouts. This **does NOT include unexcused absences on physical assessment days.**
  - In order to make-up an unexcused absence, you are personally responsible to:
    - Obtain workout card from instructors (lost workout cards will result in points deducted)
    - Find another wellness class to attend (search on “Raider Net”)
    - Ask for the instructors approval to attend their class & workout day (can email or ask day of class). You must tell instructor who’s class you are attending, date, and time.
    - Have instructor sign and initial the make-up work out day(s); no signature = no credit
  - No homework can be made-up without documentation.
  - **ALL make-up workout(s) MUST be submitted by beginning of class on December 5, 2016.**

## Assignments

- **Lecture Portion**
  - Attendance
  - Exams
  - Homework
    - 3 Homework assignments, 25 points each
    - Due on exam days
- **Laboratory/Workout(s)**
  - Attendance
  - Participation
  - Performance
  - 7 scheduled workout days
- **Workout Attire**
  - Students should wear appropriate attire that allows freedom of movement to each session
  - Shoes/sneakers (athletic, non-heeled shoes), must be worn
  - Shirt (athletic/workout appropriate)

- Shorts/pants (athletic/workout appropriate)
- Failure to wear appropriate clothing may constitute as an absence and result in point deduction.
- Students may wish to bring a towel, water bottle, music devices, etc. to each workout session.
- The college provides lockers and showers. \*Student must supply own personal lock for lockers, to ONLY be used during class time, i.e. no overnight or all-day storage allowed.

### Optional Space for Instructor

***This syllabus outlines projected course sequence and requirements for the semester. AT ANY TIME, your instructor can make adjustments and/or changes. Any changes made to the course will be clarified via email and in class.***

**Some basic expectations, include (but not limited to):**

- ✓ **Let me know if you will be missing class PRIOR to missing. The more information you give me beforehand the easier it can be to reschedule things missed.**
  - **NO LATE ASSIGNMENTS WILL BE ACCEPTED**
  - **Assignments can always be submitted early, but can NEVER be turned in late**
  - Email can also be used to submit an assignment.
  - Emailed assignments **MUST** be received during your scheduled class time on the due date or submitted early. A hard copy may need to be submitted next time you attend class; instructor will let you know.
  - Assignments can be submitted to my mailbox in room 402 on FWB campus with the same guidelines as submitting via email. One of the secretaries will assist you by accepting the assignment, time & date it, then place in my mailbox for you.
  - As a college student it is **your** responsibility to contact me if there is an issue or concern; parents, siblings, spouse(s), should only contact me regarding any class issue as an absolute last result/emergency preventing you from contacting me.
  - An excused absence requires proper documentation. Examples of documentation include: doctor's note, manager or supervisor note (if work related), etc. The documentation **MUST** provide contact information (phone number, email, etc) from the individual excusing the absence. A note from your parent(s), grandparent(s), sibling(s) will **NOT** suffice. Talk to me ASAP if any issue arises and you are uncertain what kind of documentation to provide.
- **Course Sequence:**  
Below is a tentative schedule for the semester. I am flexible and want to provide thorough explanation of topics/concepts ensuring comprehension of material. Items below are subject to change and class will be given ample notification of all changes (via email & in class). Regularly checking your email is important for class, including but not limited to important announcements, class cancellation, clarification of topics, etc. can and will be emailed to your NWFSC email account.

<u>Class date</u>	<u>Activity Description</u>
August 22	First day class, Syllabus
August 29	Workout, Lecture

September 5	Labor Day, No class
September 12	<i>Initial Physical Assessment</i>
September 19	Workout, Lecture
September 26	<b>Exam 1, Homework Due</b>
October 3	Personal Workout Day, No Class
October 10	<i>Midterm Physical Assessment</i>
October 17	Workout, Lecture
October 24	Workout, Lecture
October 31	<b>Exam 2, Homework Due</b>
November 7	Workout, Lecture
November 14	Workout, Lecture
November 21	Personal Workout Day, No Class
November 28	<i>Final Physical Assessment</i>
December 5	<b>Exam 3, Homework Due</b>
December 12	Post Course Discussion

### Email –

Email is the official communication medium of the College. Please check your email regularly for any class and College notifications. The instructor will regularly check email before and after class and during the week. Weekend availability will be limited. When you email, include first and last name and class day and time in subject line (e.g. John Smith 4:30pm Mondays).

### Cell Phone/Electronic Devices

Cell phones, pagers, and other such electronic devices must not distract from learning. Courtesy to the professor and other students requires that phones be on vibrate or silent mode during class. No student should initiate conversations, including texts, during class activities. Use of electronic communication devices during examinations or other graded activities may constitute grounds for disciplinary action; such devices must be completely out of sight during exams or other assessments. Where emergency or employment situations require access to electronic communication services, arrangements may be made in advance with the instructor. It is NOT acceptable to have a cell phone or any electronic device out to record or take pictures of students, the instructor, any guest speakers, course content including but not limited to notes, examples of assignments, etc.

### Emergency College Closure

In the event of unusual or extraordinary circumstances, the schedule, requirements, and procedures in this course are subject to change. If the college closes for inclement weather or other emergency, any exams, presentations, or assignments previously scheduled during the closure period will automatically be rescheduled for the first regular class meeting held once the college re-opens. If changes to graded activities are required, students will not be penalized as a result of the adjustments, but will be responsible for meeting revised deadlines and course requirements.

## Children in the Classroom

As a courtesy to other students and the learning process, students may not bring children with them to class sessions. Health and safety concerns prohibit children from accompanying adult students in any lab, shop, office, or classroom or other college facility where potential hazards exist. If a child-related emergency means you must miss class, contact the instructor as soon as possible to determine your options. (The full “Children on Campus” policy statement appears in the College Catalog.)

## Student Rights, Responsibilities, and Academic Integrity

Students are responsible for adherence to all college policies and procedures, including those related to academic freedom, cheating, classroom conduct, computer/network/e-mail use and other items included in the *Northwest Florida State College Catalog and Student Handbook*. Students should be familiar with the rights and responsibilities detailed in the current *Northwest Florida State College Catalog and Student Handbook*. Plagiarism, cheating, or any other form of academic dishonesty is a serious breach of student responsibilities and may trigger consequences which range from a failing grade to formal disciplinary action.

## RESOURCES

**The Academic Success Center (ASC)** is located in the Activities Center (Building 410) on the Niceville Campus. The ASC provides free learning support services such as tutoring, ESOL, and writing assistance for all NWF State College students. Individual and group tutoring is available in a wide range of subjects on a walk-in-basis and by appointment. For more information, call the Academic Success Center at (850) 729-5389 or visit our website at [Free Tutoring](#).

**Math Labs** are located in the Math Building (300), Room 131, on the Niceville Campus and in Building FW-47, Room 702 on the Fort Walton Beach Campus and Room 131 at the Robert L. F. Sikes Education Center at the Crestview Center. The math labs are open to all students and provide free walk-in tutoring for all mathematics courses. For lab hours, students may call the Math Department at (850) 729-5377 or visit our website at [Math Lab](#).

**Smarthinking** is an online, real-time tutoring offered free to students, who may access this service via RaiderNet.

## Open Computer Labs

There are numerous open computer labs throughout the NWF State College campuses. Students may access our website for lab locations and hours: [Computer lab location and hours](#)

## Testing Center

Testing Centers administer college admissions tests, placement tests, proctored exams, ACT/SAT, GED, CLEP, and DSST (formerly known as DAN TES). Make-up exams may be taken in the Testing Center, depending upon instructor policies on late work. General test information concerning tests, testing center locations, and hours may be accessed on the Testing Center website at [Testing Center](#).

## Library, Online Reference Materials, and Resources

The library is a comprehensive, learning resource center providing information in print, digital, and multimedia formats to support the educational objectives of the College. In addition to in-house materials, online services and resources can be accessed through the Learning Resource Center website. Library hours are posted each semester at the building entrance and on the LRC website at [Learning Resource Center](#)

## Assistance for Military and Veterans

Northwest Florida State College supports our military and veterans students. You may contact NWF State College Hurlburt Center Educational Services Building at 850-200-4190 or visit our website at [Support Our Military](#)

## Students with Disabilities

Northwest Florida State College supports an inclusive learning environment for all students. If you have disabilities for which accommodations may be appropriate to assist you in this class, please contact the Office of Disability Support Services on the Niceville Campus, or call 850-729-6079 (TDD 1-800-955-8771 or Voice 1-800-955-8770).